

# Afghanistan Withdrawal: Mental Health Resources for Veterans

As bad news continues to come out of Afghanistan, it's an especially hard time for the veterans who fought, bled and lost friends over the past two decades. We are receiving phone calls daily from Veterans who are suffering mentally over this horrible situation - questioning the value of their sacrifices, the fate of trapped American citizens and the image of America on the world stage.

To our courageous veterans and servicemembers who answered the call to defend our nation in the wake of 9/11 and took the fight to radical Islamic forces of evil in Afghanistan, we say thank you. You kept your promise, and you did your job. When allowed by politicians, you killed the enemy — and you took out the worst of their leaders — from Osama bin Laden to Abu Bakr Al-Baghdadi and Qasem Soleimani. **Your sacrifice will never be forgotten and we are a better and stronger nation for your service.**

If you, a friend, or family member is in need of mental health resources for veterans at this time, my team and I wanted to share some information that may be able to help.

- The Veterans Crisis Line is available 24/7 to help any veteran experiencing a mental health crisis at 1-800-273-8255 and press 1.
- You can also visit <https://www.veteranscrisisline.net/get-help/chat> or text 838255.
- Vet Centers allow participants to discuss how they feel with other veterans in community-based counseling centers. Call 1-877-927-8387 or click [here](#) to get started.
- The Department of Veterans Affairs offers a mental health service guide to provide assistance for veterans to sign up and access mental health services through the VA [here](#).
- [MakeTheConnection.net](#) has information, resources, and videos made by veterans to help their fellow veterans work through challenging life events and experiences.

- Veterans can discuss current events and feelings with other veterans online through Rally Point [here](#).

They served this country bravely, they did their job, and now it's on us to be there for them.

We at Veterans Assistance Dogs of Texas ask that you **please check on those you know who might be having a hard time with what's going on; it could make all the difference for someone.**